



Creative Living
with
Sheryl Borden
6000 Series



Foods & Nutrition Section II

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Foods & Nutrition

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Due to the size of this section, it has been separated into three sections in order for it to be downloaded more quickly. For instance, “Stressbuster-One Pan Easy Meals” is in Section I on page 3, whereas “Budget Friendly Turkey Meals” is in Section II on page 8 and “Treats from Wilton” is in Section III on page 11.

Budget Friendly Turkey Meals

With the economy putting a strain on all our wallets, your family's health and happiness shouldn't also have to feel the pinch! Turkey is an inexpensive, healthy alternative to higher priced items like steak, fish and seafood. Turkey is also an in-gredient that works well in many dishes. Each of the following recipes will feed a family of four for under 15 dollars!

Spicy Turkey Tostadas

- 1 pkg. (about 1 lb.) Honeysuckle White 93/7 ground turkey (\$2.95)
- 1 (8-oz.) can tomato sauce (\$.79)
- 1 Tbsp. chili powder (\$1.25)
- 8 (5-inch) tostada shells (\$2.29)
- 4 cups shredded cabbage or pre-cut coleslaw (\$1.99)
- 2 Tbsp. lime juice (\$.89)
- 1 tsp. peanut or olive oil (\$.10)
- 2 Tbsp. roughly chopped cilantro (\$.99)
- 4 plum tomatoes, chopped (about 1 cup) (\$1.20)



Preheat oven to 325 degrees F. In a medium skillet, combine turkey, tomato sauce and chili powder. Simmer over medium heat, breaking up meat with a spoon, until meat is fully cooked, about 6 minutes. Meanwhile, bake tostada shells in oven until crisp, about 6 minutes. In a bowl, toss cabbage with lime juice, oil and cilantro. Place a layer of turkey mixture on each tostada. Top with cabbage mixture and sprinkle with tomatoes. Serves 4.



Red, White and Green Frittata

- 2 Honeysuckle White Sweet or Hot Italian Turkey Sausage Links (about 8 oz.) (\$3.80)
- 1 Tbsp. olive oil (\$.25)
- 1 1/2 cups frozen broccoli cuts, thawed (\$2.19)
- 1/2 cup sun-dried tomatoes in oil, drained and cut into 1/2-inch pieces (\$3.99)
- 6 large eggs (\$1.46)
- 1/2 tsp. dried Italian herbs (\$.17)
- 1/2 tsp. salt (\$.03)
- 1/4 tsp. black pepper (\$.02)
- 2 oz. reduced-fat feta cheese crumbles (\$1.25)



In a 10-inch non-stick skillet, heat oil over medium heat. Add sausages and cook until browned, about 5 minutes. Cover and cook over low heat until internal temperature reaches 170 degrees F., about 5 minutes. Remove sausages and cut into 1/2-inch slices. Return sausage slices to skillet along with broccoli and tomatoes. In a bowl, beat eggs with herbs, salt and pepper until combined. Add eggs to skillet and cook over medium heat until eggs begin to set. With a rubber spatula, lift edges of frittata and tilt pan so that uncooked eggs run underneath. Continue to cook, lifting eggs and tilting pan until frittata is mostly set, with just a small amount of moist eggs on top, about 10 minutes. Heat broiler. Sprinkle top of frittata with feta cheese; place under broiler until edges are puffed and browned and eggs on top are set, 3-4 minutes. Carefully slide frittata from skillet onto serving platter and cut into 6 wedges. Serve warm or cold. Serves 6.

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Sweat + Sauté = Caramelized Flavor Galore



There are three basic ways to cook onions on the stovetop: sweating, sautéing and caramelizing. But, what's the difference?

DEFINITIONS

Sweating - cooking until the onion is tender and translucent, but hasn't

started to brown. Sweating reduces the sulfur compounds and softens the flavor, heightens the sweetness and softens the texture. Sweated onions lend a natural sweetness that can't be created by adding sugar.

Sautéing - cooking until the onion is golden brown. The texture of a sautéed onion is tender, but not as soft as sweated onions. Sautéing does not soften the texture of the onion and the browning gives them a richer flavor.

Caramelizing - sweating + sautéing = caramelizing. Covering onions and sweating them first, then taking the lid off and allowing the onions to brown creates a depth of flavor different from each method alone. This process allows the sugar in the onion to caramelize, which lends to the color, aroma, texture and savory taste.

METHOD:

Sweating - Turn the oven to low. Use just enough oil or butter to coat the bottom of the pan, add onions and cover to keep them moist. Sweat time will vary with the type of onion being used and the size of the pieces. When the pieces are translucent and tender, they are done.

Sautéing - Heat the pan over medium-high heat and place a minimum amount of fat in the bottom of the pan, then add the onions. Do not cover the onions while sautéing as this will trap steam and keep the onions from browning.

Caramelizing - This method takes time, don't rush it and remember to be patient. The results are well

worth the extra time and effort. Use slightly more oil or butter for this method, and then start by sweating the onions. Once they become tender, remove the lid and bump the heat up to medium or medium-high. Cook until the onions on the bottom of the pan start to brown. Do not stir, until they start to brown, then stir occasionally until they are deep, luscious brown. The thicker the cut of onion, the lower the heat needs to be in this final phase of caramelizing. If the onions start to look dry or appear to be browning too fast, stir in a small amount of water. This will re-hydrate the onions and dissolve the burning sugars.

TIP: Really high heat can cause onions to become bitter.

USES:

Sweated - braised meats, rice pilaf, risotto and white sauces.

Sautéed - vegetable sautés, pastas, and soups.

Caramelized - stocks, added to other vegetables, pizzas, steaks, other meats, sandwiches, salads, and pastas.

- Mix with fresh spinach leaves, sun dried tomatoes and pine nuts
- Spoon over baked potatoes instead of using butter and sour cream. Twist black pepper over the top.
- Enchilada Stack with an Attitude - Layer a corn tortilla with black or pinto beans, diced bell pepper, dabs of salsa, grated sharp cheddar and a layer of caramelized onions. Repeat layering, then top with a third tortilla. Sprinkle with more cheese and bake until hot and melted.

BEST TIP EVER:

Cool caramelized onions on a sheet pan in the refrigerator, then place onions in an airtight container to keep refrigerated until ready to use. Onions may be kept refrigerated for up to 5 days. To use from refrigerated state, heat over medium-low in a sauté pan.

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Sunflower Pumpkin Muffins

- 1 cup all-purpose flour
 - 1/2 cup packed brown sugar
 - 3 teaspoons baking powder
 - 1 teaspoon pumpkin pie spice
 - 1/2 teaspoon salt
 - 1/4 teaspoon baking soda
 - 3/4 cup canned pumpkin
 - 1 egg, slightly beaten
 - 1/4 cup milk
 - 1/3 cup sunflower oil
 - 1 cup rolled oats
 - 1/2 cup raw or roasted sunflower kernels (if salted, omit salt in recipe)
- Topping (Recipe below)



Combine flour, sugar, baking powder, spice, salt and soda; mix well. Combine pumpkin, egg, milk and oil; add to dry ingredients; mix only until ingredients are combined. Stir in oats and sunflower kernels. Fill muffin tins 3/4 full. Sprinkle with topping. Bake at 400° F 20 minutes or until wooden pick inserted near center comes out clean.

Topping: Melt 1 tablespoon sunflower margarine. Mix with 1/3 cup packed brown sugar, 3 tablespoons sunflower kernels, 1 tablespoon flour and 1/4 teaspoon pumpkin pie spice until crumbly. Yield: 12 Muffins.

Sunflower Cookies

- 1 cup sunflower margarine (Promise)
- 1 cup granulated sugar
- 1 cup brown sugar, packed
- 2 eggs
- 1 tsp. vanilla
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 cups oats, rolled
- 1 cup coconut, flaked
- 1 cup raw or roasted sunflower kernels



In medium size mixing bowl, combine margarine and sugars until well-blended. Add eggs and vanilla. Stir together the flour, baking soda, baking powder and salt; mix well. Add to margarine mixture. Stir in oats, coconut, and sunflower kernels. Drop by rounded tablespoons onto ungreased baking sheet. Bake at 350°F 8 to 10 minutes, or until cookies are brown around the edges. May substitute chocolate chips or raisins for coconut. Yield: 4 dozen cookies.

Spinach & Sunflower Salad with Orange Vinaigrette

- 5 tablespoons rice vinegar
- 2 tablespoons frozen orange juice concentrate
- 1 tablespoon sunflower oil
- 1 teaspoon dried oregano, crushed
- 1/8 teaspoon salt
- 8 cups spinach, washed, dried, and trimmed
- 1/2 cup beets, drained, sliced or julianned
- 1/2 cup mandarin oranges, drained
- 1/4 cup feta cheese, crumbled
- 1/4 cup caramelized sunflower kernels

Combine vinegar, orange juice concentrate, oil, oregano, and salt in a small bowl and whisk briskly. Pour dressing over spinach and toss until spinach is coated. Equally divide spinach onto 4 salad plates. Arrange beets, oranges, cheese, and sunflower kernels evenly on each salad. Makes 4 servings.



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